



MSH Bulletin

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**Madison State
Hospital**
711 Green Road
Madison, IN 47250
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**MSH
MISSION:**
Mending the Mind
Supporting the Spirit
Healing with Hope

VISION:
Safely deliver
meaningful, quality,
and compassionate,
psychiatric care
to our patients.



**Madison State
Hospital**

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Secondary Traumatic Stress

What is Secondary Traumatic Stress?

Compassion fatigue, or secondary traumatic stress disorder, is a natural but disruptive by-product of working with traumatized clients. It is a set of observable reactions to working with people who have been traumatized and mirrors the symptoms of post-traumatic stress disorder (PTSD) (Osofsky, Putnam & Lederman, 2008; Figley, 1995).

Many types of professionals, such as physicians, psychotherapists, human service workers and emergency workers, are vulnerable to developing this type of stress, though only a subset of such workers experience it. The symptoms of compassion fatigue may include feelings of isolation, anxiety, dissociation, physical ailments, and sleep disturbances.

Additionally, compassion fatigue is associated with a sense of confusion, helplessness, and a greater sense of isolation from supporters than is seen with burnout. (Figley, 1995, 2002). It is preventable and treatable, however,

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What is Secondary Traumatic Stress? (continued)

if unaddressed, the symptoms can result in problems with mental and physical health, strained personal relationships, and poor work performance Pryce, Shackelford, & Pryce, 2007).

Common Compassion Fatigue Symptoms

Cognitive Lowered Concentration Apathy Rigid thinking Perfectionism Preoccupation with trauma	Emotional Guilt Anger Numbness Sadness Helplessness
Behavioral Withdrawal Sleep disturbance Appetite change Hyper-vigilance Elevated startle response	Physical Increased heart rate Difficulty breathing Muscle and joint pain Impaired immune system Increased severity of medical concerns

Individual Prevention Strategies to Consider:

- **Life balance** — work to establish and maintain a diversity of interests, activities and relationships.
- **Relaxation techniques** — ensure downtime by practicing meditation or guided imagery.
- **Contact with nature** — garden or hike to remain connected to the earth and help maintain perspective about the world.
- **Creative expression** — things like drawing, cooking, or photography expand emotional experiences.
- **Assertiveness training** — learn to be able to say “no” and to set limits when necessary.
- **Interpersonal communication skills** — improve written and verbal communication to enhance social and professional support.
- **Cognitive restructuring** — regularly evaluate experiences and apply problem-solving techniques to challenges.
- **Time management** — set priorities and remain productive and effective.
- **Plan for coping** — determine skills and strategies to adopt or enhance when signs of compassion fatigue begin to surface.



Welcome New Employees!

These 11 new employees began General Orientation this past Monday. Welcome to MSH!

Back R to L: Natasha Trowbridge, Store Clk; Derek Cloat, SA; Chance Cochran, Lndry; Timothy Fleenor, SA; Austin Spray, SA; Valerie Noel, SA

Staff Appreciation Day!

Next Thursday 10/13/22, there will be a Baked Potato Bar and Soup served to both shifts in the auditorium!

The Menu:

Broccoli Cheddar Soup, and Chili, with crackers
Baked Potatoes, Cheddar cheese, Sour cream,
Tea, Water, and Lemonade,
Chocolate chip cookies, and Sugar cookies.

Serving times will be
11:00am-1:00pm
9:00pm-11:00pm

Our way of saying thank-you for all
that each of you do at MSH!

SECC Word Search event lasts until 10/12!

Autumn Word Search

- Take a copy of the word search
- Find as many as you can
- Paper clip a dollar to your page, fold, and put in the collection box
- Make sure your name is written clearly at the top

The names of those who completed the word search correctly will be compiled and a winner drawn! Thank you for participating!

Name: _____ Shift: _____

AUTUMN WORD SEARCH

QLWEJMEDIRYAKZBNUTQVPHNPGIBTSCUETSORFRORSAMRBSAZDFEPQJHIVOXLEKFWYDDEJAPBOZROHFAEMITYCMOGFTWLEVSBRUTNIANPMQXRVRAKBJCHILEPBUFOGOWNTCEJHNSAUGYQWIKOSXNDMDHAGLIUMTFEBNOSRNEJPUJRJCIPQNOHVLUAGDMEFOKYGAFKJDLTUCSEOHMFBILXUUCRETAEWSDFMZIBCOHNRASMTNFCZROIWYAQNDILUEIDYUNSEVALZCRHPOKMOSSBZRAKEGHDMXNRESJPICTOEILSHYCBQKOPTDMLARLZPFQYROTZXZJNBULASEMIDWBDQJHARVESTPCIQVSNLLHMSIJFWORADYNKBPUGX

apples walrus trout pumpkin squirrel
 salmon trout hermit salt squirrel
 water crane hermit salt squirrel
 walrus walrus walrus walrus walrus
 walrus walrus walrus walrus walrus
 walrus walrus walrus walrus walrus
 walrus walrus walrus walrus walrus

- Orange spider basket
- assorted fun size chocolates
- *It's Fall Y'all* 6x6 wood block décor with pumpkins for wall or tabletop
- (2) *Feeling Pumped* clear plastic pumpkin glasses
- Christy's Candles *Toasty Hot Toddy* jar candle



How to play:



Take a copy of the word search with you, complete it and paperclip \$1 to it, fold, and put in the collection box. Make sure your name is written clearly at the top.

This is the next to last event this year, so be sure to play! Thank you! All proceeds go to Big Brothers Big Sisters of Jefferson County.

Out of the DARKNESSSM

COMMUNITY WALKS

American Foundation for Suicide Prevention

The Out of the Darkness Walk in Madison:

Walk Date: 10/15/2022
 Location: Bicentennial Park
 Start Time: 10:30 am

Contact info: madisonwalk.afspin@gmail.com
Together to Fight Suicide

#BooTheFlu by October 31!



Boo the flu!

Please note the flu shot clinic available below. Compliance with the flu policy must be completed by 10/31/22 for all staff.

- **Location:** Outside Nursing Central/Computer Lab
- **Date:** Thursday October 6th
- **Times:** 0830-1130pm & 1300-1600pm
- **Additional Options:** B-Shift staff can get their flu shot anytime on those days (provided by Nursing Supervisors on duty).
- We will consider offering additional dates & times based on available doses of flu vaccine.



Congratulations to Wilbert Lowe, RT for winning the **SECC Guessing Game** on Tuesday! He was only off by 2! The actual number of pieces of candy is 93, and Wilbert guessed 91.

He is shown with the Glass Pumpkin Jar filled with candy and his golden ticket.

\$113 dollars were donated through this event which will go to our Big Brothers Big Sisters of Jefferson County!

Thanks to all who participated!